

Beef Sandwich (Hot or Cold) 100

Number of Servings: 100 (201.6 g per serving)

Amount	Measure	Ingredient
30.00	lb	Beef, bottom round roast, lean, raw, 1/8" trim
200.00	pce	Bread, whole wheat, 100%
4 1/4	cup	Margarine, soft, safflower oil

Nutrients per serving

Nutrition Facts	
Serving Size (202g)	
Servings Per Container	
Amount Per Serving	
Calories 380	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 460mg	19%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 36g	
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* Roast beef: 10# EP = ~15# AP

For Roast Beef:

Roast beef to 160 degrees F with enough water so there will be SALT FREE BROTH to reheat meat if desired. DRAIN and SAVE SF Broth from meat and cool quickly. Refrigerate when temperature is between 100 and 140 degrees F.

Next Day:

When cold slice into 3 oz portions. Place in two 12X20X2 inch counter pans.

May be served either Hot or Cold. If it is going to be served as Cold Sandwiches roast until tender day before.

To serve Hot Sandwiches.

Heat SF broth to 190 degrees F. Pour over meat. Cover with aluminum foil or lid and place in oven. Reheat to at least 165 degrees F.

Place 2 1/2 -3 oz meat on 2 slices whole grain bread spread with 2 tsp margarine.